



**The Westborough Lions Club Presents**  
**A Seminar on:**



***Living Well with Diabetes***

**WHAT:** A Free, Public Seminar on Living Well with Type 1 or Type 2 Diabetes

**WHO:** Adults and Children Living with Type 1 or Type 2 Diabetes, their Families, Friends, or Caregivers

**WHEN:** Thursday, March 21<sup>st</sup>, at 7 p.m.

**WHERE:** Mill Pond School Auditorium, 6 Olde Hickory Path, Westborough

**SPEAKERS:** **Kendra Magyar** MSN, PNP, CDE

Director of Health Services at The Barton Center for Diabetes Education in N. Oxford, MA

**Dr. Laura Alonso, MD** Endocrinologist at UMASS Memorial  
Specializing in Type 1 and Type 2 Diabetes  
Associate Professor of Medicine and Director of Beta Cell Biological Studies at UMASS Medical School

**Topics:**

- Type 1 and Type 2: What is the Difference?
- Food: How to Eat Well at Home and In Restaurants
- Exercise: How Much & How Long? What are the Benefits & Concerns?
- The Use of Technology & New Therapies on the Horizon: Stem Cell Therapies, Beta Cell Regeneration, New Agents for Type 2
- Support Systems and the Importance of a Positive Attitude
- The Barton Center for Diabetes Education: Its Camps & Programs
- Q&A

**More Info: [westboroughlionsclub.org](http://westboroughlionsclub.org)**